

### **ABSTRACT**

Described are dough compositions and methods of preparing them, including preferred compositions that can be unproofed and frozen, that can be baked from frozen, and that include yeast and chemical leavening agents. Preferred dough  
5 compositions can be prepared by methods that involve a resting step after mixing, freezing without proofing, and baking from frozen without proofing or thawing.

10

#10355